



# Club Newsletter

August 2019 Edition

## ALP and Gymstar Shoutout

Our ALP and Gymstar squads are well and truly into the competition season at this point and they are absolutely smashing it. We are so proud to have such a talented bunch of gymnasts out there representing Team Twisters!

We have a lot of new gymnasts to our squads at both **Northcote** and **Showgrounds**, who are getting some very valuable experience under their belts.

We've been sharing their success on our social media channels, so make sure to visit and check out some fantastic team photos!

[facebook.com/TwistersGymnastics](https://facebook.com/TwistersGymnastics)

[instagram.com/twistersgym](https://instagram.com/twistersgym)



## Did you know...?

We have cleaners that come in three days a week, but in-between classes its our staff that tidy things up, put the chairs back, wipe the tables, vacuum the carpet, reorganise the kiddie area, etc.

If you have a spill don't hesitate to ask a staff member for a vacuum or a cloth. Any help to keep our gym clean is greatly appreciated!



## Club Update

It has been a very exciting year at Twisters, both venues continue to grow, bringing new coaches to the Team, welcoming new gymnasts and ninjas, and continuing to tweak and improve our programs. Never a dull moment around here!

We ended last term with testing, hopefully your child has had a chance to get their results from the Parent Portal and have applied all of their stickers to their poster. A reminder that if your child has passed all of the skills required for their current skill level they will receive a new poster and the badge for their completed skill level, coaches are busy making this happen but it may take a few more weeks to get them all handed out. Our next **testing period** will be Monday, November 25th to Sunday, December 8th, we know it's a busy period so please make sure to note these dates in your calendar!

**Who else has ninja fever?** We are doing our best to keep up with ninja demand... We've added additional classes to the timetable but the spots don't last long! If you are interested in joining this program, we will continue to seek additional time slots to add more, make sure to add yourself to a wait list and we can get in touch with the office when there is space available. In other ninja news, we've ordered new ninja equipment and are patiently wait until that arrives so that we can ramp things up another notch!

Looking forward to another exciting term ahead!

## Daytime Badge & Stars Classes

Both Showgrounds and Northcote are now offering Badge & Stars classes during the day for 4/5 year olds. These classes are the same as our after school program, but for some parents are much more convenient.

You'll also have a full hour to get away from the gym and have a little time to yourself; coffee at Ceres or Rye Cafe? Yes please!

Spaces are limited, make sure to visit our website if you'd like to see what times/days are being offered at either location.

Please take a moment to review us, on:



Facebook

[facebook.com/TwistersGymnastics](https://facebook.com/TwistersGymnastics)

OR



Google

Search for 'Twisters Gymnastics'

## Nut Free Facilities

A reminder that both Twisters locations are nut free facilities. We have a number of child who attend who are anaphylactic to a number of different types of nuts.

The easiest way to protect them? Bring a nut free snack! Make sure you're paying attention to the muesli bars that you bring into the facility, or bring it along and open it once you're outside of the venue.

This can hopefully provide a little peace of mind for these parents and their gymnasts!

## Routine Month

We hope the kids are enjoying their time doing something a little different this month - learning routines!

Of course it's important for any of the kids attending the Gymnastics for All competition, but we also feel it's a great opportunity to expose our gymnasts to what it's like to learn and memorise routines.

They're learning one routine on a different piece of apparatus each week for the month of August.

## First Aid for Your Child

We are noticing a continued increase in the number of used band-aids scattered around our gyms, our coaches having to waste time and focus on re-dressing your child's existing wounds, huge consumption of replacement band-aids etc.

Please help us to keep our gyms clean and to allow our coaches to provide the best gymnastics class for your child, by making sure that you have dressed your child's existing wounds appropriately and effectively, before they enter the gym.

## New Bins!

You may have noticed that we have new sets of bins around the gym, hopefully making it easier to identify where the trash vs the recycling goes.

We have been making big efforts to ensure that what can, ends up in the recycling instead of land fill. Please do you part in selecting the correct bin so that our staff doesn't have to spend time sifting through and separating that which has ended up in the wrong spot.

With our powers combined, we can make a huge difference!



## Northcote's Gymnast of the Month

### Gymnast of the Month - June - Chloe

Coach Tori says, "I have had the pleasure of coaching Chloe since she was a young gymnast and have watched her grow into the determined gymnast she is today.

Chloe has an exceptional work ethic and is constantly independently working on her skills; which has helped her tremendously in competitions.

Chloe is always the first person to help a teammate or coach and to celebrate another gymnast's achievements."

Spectacular work Chloe!



#### The Tough Questions:

When did you start gymnastics? 2011

What is your favourite thing about gym? Flipping

Favourite gymnastics skill to perform? Roundoff back sault

What do you want to be when you are older? Author

If you could have any superpower, what would you choose? Power to control air

What is your favourite food? Chocolate

### Gymnast of the Month - July - Phoebe

Here's what Coach Felicia had to say: "Phoebe has been working exceptionally hard these last few months in both her Tumbling and Badge & Stars classes to overcome her fear of going backwards. But her persistence and determination has lead her to learn back handsprings and backsaults!

She has also achieved many high level skills such as front layout twists and a front sault connection.

Phoebe is a fantastic student and teammate in class. She listens, takes on feedback and works hard to make the corrections. She is a joy to teach and have in class!"

#### The Tough Questions:

When did you start gymnastics? Prep

What is your favourite thing about gym? Layout full twists

Do you do any other sports? Soccer and squad swimming

What do you want to do when you are older? Astronaut

What gymnastics skill have you always wanted to learn? Aerials



### Gymnast of the Month - August - Eva

What do you think Coach Sophie? "Eva only began gymnastics for the very first time this year! She began the year extremely shy and hesitant to join in, but now she has truly come in to her own and is always the first to join in!

Eva had never done gymnastics before but that didn't stop her from always working extremely hard, meaning she has been learning and progressing through many new skills this year!

Eva always has a smile plastered on her face and is a pleasure to teach! She's willing to have a go and encourage others to do so too, she is a great addition to the class.

Super work Eva! I am so proud of you!"

#### The Tough Questions:

When did you start gymnastics? February 2019

What is your favourite thing about gym? The foam pit

If you could have any super power, what would you choose? Go invisible

Favourite gymnastics skill to perform? Forwards roll

What gymnastics skill have you always wanted to learn? Handstands

What do you want to be when you are older? Teacher



# Showgrounds' Gymnast of the Month

## Tiny Tornadoes Update

### Gymnast of the Month - June - James and William

Coach Elena says: "When James and William joined the Tiny Tornadoes program in January, they were very shy and reluctant to join in. For the first month, they needed Mum to join them for the warm-up, before they'd get involved. Since then, both boys have both come along in leaps and bounds! Their confidence has grown enormously, and they are now chatty and great fun to have in class. Their gymnastics skills have also improved dramatically. The boys used to skip some of the activities that they were having trouble with, or didn't like, but they now move through the entire circuit and display strength, balance and neat skills, particularly with their shapes and forward rolls. Well done William and James!"



#### The Tough Questions:

When did you start gymnastics? January 2019

What is your favourite thing about gym? Beams | Bat Hang

Do you do any other sports? Auskick, swimming | Auskick, swimming, treehouse

If you could have any superpower, what would you choose? Ice | Lightening

What do you want to be when you are older? Bus driver | Tram driver

### Gymnast of the Month - July - Emilia

Here's what Coach Bridget had to say: "Emilia always comes to Twisters with a huge smile on her face. Her enthusiasm for gym is always there and she is consistently excited to learn. Emilia's had a big fear of doing forward rolls by herself but we have been working hard all year on achieving them. Recently, Emilia decided to give it a go - and she nailed it! She didn't stop rolling given the chance for the rest of the class. Both Coach Doni and I are super proud of her perseverance!" Well done Emilia!



#### The Tough Questions:

When did you start gymnastics? Start of this year

What is your favourite thing about gym? Bars and forwards roll

If you could have any superpower, what would you choose? To fly

What is your favourite food? Salt n' vinegar chips

Favourite gymnastics skill to perform? Forwards rolls

What gymnastics skill have you always wanted to learn? Uneven bar transitions

### Gymnast of the Month - August - Eve

What are your thoughts Coach Michelle? "Since Eve started gymnastics, she has come so far! Coming out of her shell and showing her funny and witty personality; her confidence has grown enormously. Eve displays high level of enthusiasm and determination to learn. In class, she a very good listener and always the first to line up and have a drink when the coach says so. Eve is consistently improving her gymnastics skills. She's currently working on doing a bat hang and walking on the high beam by herself. One of her goals in gymnastics is to do a forward roll over the bar. With her positive attitude, I believe she will accomplish it in no time!"



#### The Tough Questions:

When did you start gymnastics? June 2018

What is your favourite thing about gym? Trampoline

What gymnastics skill have you always wanted to learn? Forward roll on the bar

Do you do any other activities? Swimming

What do you want to do when you are older? Pick Mummy up from work

If you could have any superpower, what would you choose? Blast ice like Elsa

Term 3 of Tiny Tornadoes is off to a great start. We are already seeing changes in the development of our gymnasts as they become more independent and confident in their own ability – both physically and socially. For those who are just starting, you will notice a big difference between now and the end of the term.

This term we are focusing on building our familiar skills as we progress the skills to the next stage. Our main themes for the term are:

- All Things Gymnastics
- Ninja
- Space
- Spring
- Football

As always, there will be some extra surprises at our Showgrounds gym, to cater for the additional term weeks. So much fun coming up!

#### THEMES AND PROPS

The Tiny Tornadoes program uses themes and props on a regular basis.

Why? Tiny Tornadoes is a foundation program – the building blocks for future gymnastics, or even a good grounding for other sports. The activities can be quite repetitive in order to practise, practise, practise and get them right.

It is essential that our gymnasts achieve the basic building blocks before they can build up to bigger skills.

By having a different theme each fortnight, we can work on skills consistently throughout the term and frame it differently to ensure that the interest of the gymnast is maintained whilst they are practising and progressing their skills.

Themes also help to build imagination and encourage learning through play. An important part of the theming is the props. Have you ever noticed that your little gymnast will refuse to take a step on the beam without holding your hand until they have a horse or a ball or a ribbon to focus on?

Props are about changing the focus of the activity to encourage gymnasts to try something on their own. They are also included as motor skill development activities. Although the occasional prop might be just for fun, for the most part they play an important role in the gymnastics program at this age level.

It's always amazing to see how everything within this program is done with intention.

#### FEEDBACK

If you have any feedback about the Tiny Tornadoes program, please send through an email to [tinyt@twistersgym.com.au](mailto:tinyt@twistersgym.com.au) – we would love to hear from you!

## General Information

### Tip of the Newsletter:

Do you take advantage of our Parent Portal?

You can update your credit card details, you can book your child into an additional class or holiday program, or perhaps you've changed your class recently and can't remember what day you're coming in - the portal can help with that!

### Thank you!

Director Dan had the chance to go to a Mums Marketing Conference in Cairns during the first week of August. Everyone had to introduce themselves at the start, after he introduced himself and where he was from, the presenter who happened to be from Fairfield said "I know exactly who you are. Twisters has an absolutely excellent reputation."

We are very pleased to be able to connect with so many of you from within our community and thank you for your appreciation. We wouldn't be here without you!

### Beginner Coaches

Last month *Northcote* hosted a Gymnastics Australia beginner coaching course.

We had coaches from a number of clubs across Melbourne join us and we now have an additional 7 beginner coaches on Team Twisters! Yahoo!

### Parking at Northcote

We know that the parking issues have been tricky at Northcote; parents, a huge shoutout to you for adhering to the restrictions that are in place, we are so appreciative of your efforts in this regard.

Thank you for making these tricky situation just a little bit easier!

### New Twisters T-Shirts

Yay - we have a new style of t-shirt available!

Thank you all for waiting patiently, we hope it was worth it. The new style of T is available in black, purple, teal and pink. Numbers are limited so make sure to get in quick!

### September Holiday Program

We will be offering our holiday program at *Northcote* and *Showgrounds* gymnastics/NinjaGym workshops for the coming school holidays.

Dates are on the website, [www.twistersgym.com.au](http://www.twistersgym.com.au) and app, ready for you to secure your spot. We hope to see you for the fun!

### Childwise Corner

Running a little late for pick-up? No problem, traffic can be tough!

You don't need to worry about getting in touch with us, know that your child is in safe hands. Our coaches walk their gymnasts to the foyer after class to ensure that everyone leaves with their parent/guardian.

If no one is there for pick-up, your child will stay with the front desk assistant until you arrive. Front desk attendant has gone home for the night? In this case, your child will remain with their coach.



## Staff Profile - Niamh M.

I'm sure you've seen this face floating around over at Northcote. Coach Niamh, what a legend!

She started as a gymnast when she was 7-years-old, at a small recreational gym that was set up on a basketball court. It wasn't long before she moved to MLC where she participated as a competitive gymnast. Her next move, Twisters! Where she was further involved in our competitive program and where she says, she became inspired to become a coach.

"There were times when I was younger, where I went through phases where I wanted to give up gymnastics, but I am so grateful to this day that my parents did not let me until I was older. I know that I have gained so many skills from gymnastics, and not just literal physical skills. Of course, it has helped me to become stronger, more flexible, and be able to do cool tricks but beyond this, it taught me resilience, confidence and determination which I am grateful for everyday especially currently in my studies as I am a year 12 student."

Niamh says that when she stopped as a gymnast, she knew that she didn't want to say goodbye to the sport entirely, "especially after it has enriched my life so much. So I was very excited to become a coach at Twisters and to hopefully teach these skills to young people who will hopefully get the same benefits that I did from the sport".

### The big questions:

*What was your favourite skill to perform?* Back Saults

*What do you think your super power would be?* I have always wanted to be elastigirl from the incredibles. I think that you could do so much with it! And it would definitely help with gymnastics

*What's your favourite thing about coaching?* I can honestly say that there is no better feeling than when someone you coach gains a new skill. Sometimes, it's easy to feel frustrated when progress is slow, but to break a skill down to its basics and see a gymnast understand what they need to do and eventually achieve the skill is incredibly rewarding. I also just love to be a bit wacky sometimes and have fun with my gymnasts, whether it be to convince them that the foam pit is quicksand that they will fall through if they take too long to climb out, or to get them to pretend to be a piece of melting ice when we walk around the gym as a group.

*What is one experience you think every gymnast should have?* One of the best things about gymnastics, is the resilience you learn. I think that this aspect can sometimes be overlooked, but really it is such an important life skill to be exposed to at such young ages which is really fantastic. I often tell my gymnasts when they are scared to perform a skill on beam that 'worst case scenario, they will fall off. But that is ok because they will just get back up!'. Only recently, I was at a competition with the Gymstar 4's and I was so impressed to see that if any one of them fell off in their routine, they got straight back up without a fuss and were supported by their teammates.

### Dates to note:

September Membership Payment	Monday 2nd September
Term 3 Concludes ( <i>Northcote</i> ):	Sunday 22nd September
School Holiday Program:	Monday 23rd September - Friday 4th October
Grande Final Day Public Holiday	Friday 27th September
October Membership Payment:	Tuesday 1st October
Term 4 Begins ( <i>Northcote</i> ):	Monday 7th October